Thank you for choosing University of Missouri Women’s and Children’s Hospital and Clinics for your prenatal care and delivery. We work as a team to ensure you receive the best care possible. This guide will provide you with information to help you have a healthy pregnancy and birth experience. Bring this book with you to each visit so that you can take notes and ask your provider questions.

8 weeks or less

Pregnancy dating is based on the first day of your last menstrual period. This means your baby was conceived around week 2. Most pregnancy tests turn positive around week 4. During this time, the placenta will develop and your baby will even have a heartbeat.

What to expect at your first prenatal visit

- Your health care provider will take your history, perform a physical exam, and provide you with pregnancy information
- Blood work: blood type and Rh factor, blood count, hepatitis B, syphilis, HIV, and Rubella
- Urine drug screen, if needed
- Pap smear, if needed
- Gonorrhea and chlamydia screening
- Weight and blood pressure (taken at every prenatal visit); may also collect a urine sample at each visit

In general, you will see your health care provider every 4 weeks until 28 weeks, then every 2 weeks until 36 weeks, then every week until delivery.

Unsafe foods during pregnancy

- Avoid excessive caffeine (limit 1 soda or 1 cup of coffee a day).
- Don’t eat raw meat. Order hamburgers well done and avoid raw sushi.
- Don’t eat raw eggs, including raw cookie dough.
- Heat all lunch meat, hot dogs, cold cuts, and bologna before eaten due to a bacteria called Listeria – this bacteria can be harmful to your pregnancy.
- Don’t consume unpasteurized milk and cheese, including blue cheese.
- Avoid large fish, such as swordfish and mackerel, due to increased mercury. Limit tuna to 1 can a week.

Recent recommendations from the FDA state that pregnant women should eat 8 to 12 ounces of low-mercury fish per week. This includes shrimp, salmon, pollock, canned light tuna, tilapia, catfish, and cod.

Lifestyle risks

Smoking

- Smoking can cause low birth weight, placenta problems, stillbirth, preterm birth, and decrease breast milk supply.
- Please stop smoking during pregnancy and encourage those around you to do the same.
- Smoking after your baby is born increases your baby’s risk of asthma, respiratory infections, and sudden infant death syndrome (SIDS).
- If you smoke, help is available by calling the National Tobacco Quit Line at (800) 784-8669 or (800) QUIT NOW.

Alcohol

- Alcohol can cause your baby to have growth problems, heart defects, behavioral problems, and low IQ.
- No amount of alcohol has been proven safe during pregnancy.
- If you need help quitting alcohol or drugs, call the Alcohol and Drug Abuse Hotline at (800) 234-0420.

Drugs

- Drug use can cause your baby to have growth problems, preterm delivery, placental abruption, birth defects, developmental delays, and withdrawal symptoms.
- Please stop using all drugs, including marijuana, during pregnancy.
- If you or your baby test positive for drugs, additional pregnancy care may be needed and the Division of Family Services may become involved.
- If you test positive for drugs at the time of your delivery, your baby’s health care provider will not want you to breastfeed.
- If you need help quitting drugs or alcohol, call the Alcohol and Drug Abuse Hotline at (800) 234-0420.

Intimate Partner Violence

- Changes in relationships may increase your risk of intimate partner violence (domestic violence).
- Abuse during pregnancy increases the risk for low birth weight, preterm labor, and miscarriage.
- If you feel unsafe or experience physical, sexual, or emotional abuse in a relationship, please talk with your health care provider.
- If you need assistance with partner violence, call the National Domestic Violence hotline at (800) 787-3224 or (800) 799-SAFE.
Environmental hazards
- If you have cats, don’t change the litter box. Cat feces contains a parasite called toxoplasmosis, which can be dangerous for your baby.
- Avoid chemicals, X-rays, pesticides, harsh cleaners, and lead paint.
- Wear gloves when gardening to protect against soil bacteria.
- Wash all fruits and vegetables before eating.
- If you color your hair or paint your fingernails, do so in a well-ventilated area.
- Avoid tanning beds, hot tubs, and saunas.
- Some pet foods contain raw meats and unpasteurized products. Food poisoning from these items can be harmful to your pregnancy.

Safe medications to take during pregnancy
Tell your health care provider about all medication you are taking. Some medications are not safe during pregnancy. Safe medications include:

Prenatal vitamins
- Either prescription or over the counter with at least 800 mcg of folic acid
- If you can’t tolerate prenatal vitamins, take 2 Flintstones Complete chewable multivitamins a day (or the generic equivalent)

Pain, headaches, back pain
- Tylenol (acetaminophen)

Cough
- Cough drops
- Robitussin DM (dextromethorphan)

Nasal congestion
- Saline nasal spray or sinus rinses
- Plain Mucinex (guaifenesin)

Allergies
- Benadryl (diphenhydramine)
- Claritin (loratadine)
- Chlor-Trimeton (chlorpheniramine)

Heartburn
- TUMs, Rolaid's, Maalox, Mylanta
- Zantac (ranitidine)
- Nexium (esomeprazole), Prevacid (lansoprazole)

Hemorrhoids
- Anusol
- Preparation H
- Tucks pads

Constipation
- Drink plenty of water
- Increase fiber in foods
- Metamucil, Citrucel, Benefiber (psyllium fiber)
- Milk of Magnesia

Nausea
- Vitamin B6 and Unisom (doxylamine succinate)

Motion sickness
- Bonine (meclizine)
- Dramamine (dimenhydrinate)

Remember to follow medication dosing instructions on the package.

See pg. 26 for additional pregnancy resources

Benefits of breastfeeding
It is time to start thinking about whether you are going to breastfeed. It is recommended that babies are exclusively breastfed for the first six months of life, at which time solid foods can be started and baby should continue to breastfeed until a year old.
- Breast milk provides infants with nutrients needed for the best physical and mental development.
- Breast milk helps infants fight infections and develop healthy immune systems.
- Breastfeeding is convenient with no bottles to prepare.
- Families who breastfeed save money on food and health care costs.
- Breastfeeding helps strengthen bonds between mom and baby.

Benefits for baby include:
- Decreased risk of Sudden Infant Death Syndrome (SIDS).
- Decreased risk of infection, including fewer ear infections and upper respiratory infections.
- Decreased risk of asthma and allergies.
- Decreased risk of childhood obesity, Type I and Type II diabetes.

Benefits for mom include:
- Decreased risk of breast cancer and ovarian cancer.
- Decreased risk of heart disease and Type II diabetes.
- Faster post-pregnancy weight loss.

We encourage you to attend a breastfeeding class to help you and your baby get off to a strong start with breastfeeding (see pg. 26 for contact information). In the hospital, you will have access to excellent lactation specialists. Women’s and Children’s Hospital also has an outpatient lactation consultant to assist you after you leave the hospital.
Weight gain

- Goal weight gain during pregnancy varies based on your pre-pregnancy weight, but generally should be around 20 to 30 pounds.
- Most weight gain should occur in the 3rd trimester when you should gain about a pound a week.
- Gaining too much weight during pregnancy increases your risk for complications like shoulder dystocia, where the baby’s shoulder can get “stuck” behind the mother’s pelvic bone.

Pre-pregnancy weight: _______________________

Your health care provider recommends a _________ weight gain.
Quick Facts about Breastfeeding

Breastfeeding gives your new baby the very best start.

Breastmilk supplies food, comfort, and love!

More Details about Breastfeeding

Healthiest for Baby

Breastmilk is the ideal food for babies. It has all the nutrients your little one needs to grow healthy and strong. Here are some of the many benefits for your baby:
• Breastfeeding provides contact that babies love. Frequent skin-to-skin time with Mom is calming and comforting.
• Breastmilk is full of antibodies. These are substances that help your baby fight infection.
• Breastfeeding reduces your baby’s risk of ear infections, allergies, diarrhea, and Sudden Infant Death Syndrome (SIDS).
• Breastmilk changes as your baby grows, meeting her changing needs.
• Breastmilk is easy for your baby to digest.
• Breastmilk contains DHA, a fat that is good for your baby’s developing brain and eyes.

**Healthiest for Mom**

For many women, breastfeeding is an amazing experience. It creates a strong bond between mother and baby. Other benefits for Mom include:

• You can feel proud knowing that your baby is growing healthy and strong because of your milk.
• Breastmilk is convenient. It’s free, clean, and always the right temperature.
• Breastfeeding burns calories. This can help you lose pregnancy weight faster.
• Breastfeeding releases hormones that contract the uterus, decreasing postpartum bleeding. This helps the uterus return to its normal size after childbirth.
• Mothers who breastfeed have a decreased risk of heart disease.
• Mothers who breastfeed have a decreased risk of ovarian and breast cancers.

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**RESOURCES FOR YOUR PREGNANCY**

- Free APP:
**Flourish** is an app that you can download to your phone. This app covers several women’s health issues, including pregnancy and childbirth.

- **Free APP:**
  
  **Collective** is an app that you can download to your phone. This app helps expectant mothers and their support people to prepare for the hospital experience.

- **Receive Text Messages:**
  
  Visit [www.breastmilkcounts.com](http://www.breastmilkcounts.com) and register for Baby to Belly Texts. You will receive information and tips for your pregnancy through the first year. Newsletters will be customized especially for you based on your due date and your child’s birth date.

- **Your prenatal education book:**
  
  You will receive a prenatal education book. Bring this to each visit with you. You can write in comments/questions. You can chart your weight.

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